In 1995, Sax guided her team to the New York State Class coach for the Vestal Central School District in 1986. She began her coaching career as the varsity girls softball coach, specializing in team hitting and serving as the first base coach. Sax twice coached the Central Region softball team in Empire State Games taking a silver medal in 1998 and a bronze in 1999.

Sax received her BA in Physical Education in 1985 at the University of Iowa where she played field hockey and softball for the Hawkeyes. She was an Amateur Softball Association All-America in 1986, 1995 and 1998 while playing for the Stan Mill Metts. She studied at the State University of Cortland and received her Masters in Physical Education and Sports Psychology in 1989.

She was named the winner of the University’s Howard Hartman Award as Coach of the Year in 2001 and New York State Collegiate Softball Officials Association Coach of the Year in 1999.

Her outstanding coaching ability is reflected in the fact that 10 of her players have earned all-Mid Atlantic Region All-America honors and 20 have earned all-Patriot League honors in seven seasons including Pitcher of the Year three times, Player of the Year ten times, Pitcher of the Year three times, and Rookie of the Year twice.

Sax came to Colgate from Mansfield University where she was the head field hockey coach and assistant softball coach, specializing in team hitting and serving as the first base coach. She began her coaching career as the varsity girls softball and field hockey coach as well as the junior varsity basketball coach for the Vestal Central School District in 1986.

In 1995, Sax guided her team to the New York State Class A Final and was named the New York State Softball Coach of the Year. Vestal was the Southern Tier Athletic Conference’s Division I runner-up in 1988 and 1989 and were semifinalists in 1990. Under her guidance, numerous athletes were selected to all-state teams and went on to compete at Division I, II and III collegiate levels, including former Raider Amanda Paolucci.

Sax twice coached the Central Region softball team in Empire State Games taking a silver medal in 1998 and a bronze in 1999.

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Staff

Joining Colgate Head Softball Coach Vickie Sax will be instructors from college, high school, and ASA coaching backgrounds. In addition, current and former players from the college programs such as Colgate, Penn State, Campbell, VA Tech, Ohio State, and Mansfield will teach, tutor, and serve as models for the campers. These player/coaches bring a wealth of knowledge and playing experience to the camp.

Round the Clock Supervision

Campers are supervised 24 hours a day with an 8:1 camper to instructor ratio. The staff joins in all activities and lives on site with the campers.

Drugs, alcohol, and smoking are strictly forbidden and constitute, along with general misconduct, grounds for immediate dismissal from camp without refund.

Daily Schedule

7:00 AM Wake-Up Call!
7:30 AM Breakfast
8:30 AM Plyometric/Speed & Agility Training/Form Running Analysis
9:30 AM Defensive Speciality Work
Noon Lunch
2:30 PM Inner Core Development through Pilates Aquatic Exercises, and Strength Training
3:15 PM Offensive Techniques & Skill Development
5:30 PM Dinner
7:00 PM Game Competition
9:00 PM Evening Activity/Video Analysis
11:00 PM Lights Out!

Daytime campers should arrive @ 8:30 AM and depart @ 8:30 PM.

Facilities

- Eaton Street 4 field complex w/outdoor Batting Cage and Instructional Video Analysis Room
- Sanford Field House (an All-Purpose Artificial Turf practice/game facility with Indoor Batting Cage)
- Tyler Field an outdoor lighted 2 Field All-Purpose Artificial Turf practice/game facility
- Lineberry Natatorium (Olympic-Size 50 meter pool)
- William Brian Little Fitness Center
- Wooster Room (lecture & strategy instruction)

Program Instruction

The camp curriculum is designed to take players to the next level fundamentally, developmentally, and intellectually. In order to promote a safe and optimal learning environment, campers will be evaluated by instructors and placed into ability groupings. The progress of campers will be monitored on a daily basis.

Campers will be introduced to a softball fitness curriculum that develops their abilities as an athlete and further promotes their inner core development. Such methods include speed and agility training, plyometric and strength training, pilates and aquatic exercises, and kick boxing! Exposure to such elements of innovative training further enhance the athlete’s mental capacity of focus, concentration, and self-esteem development.

Seminars during camp will include lectures on Performance Nutrition, Sports Psychology, Goal Setting, Team Building, The College Search, and Rules of The Game. Defensive skills to be emphasized include Power Hitting, The Compact Swing, Short Game Slapping, Placement Hitting, Hitting to the Opposite Field, Hitting the Rise Ball, Bunting, Baserunning, and Sliding.

Defensive skills to be covered include Pitching, Catching, Outfield, Middle Infield and Corner Play.

Campers will receive personalized video analysis instruction.

Campers will be supervised and instructed by former and current players from the college programs such as Colgate, Penn State, Campbell, VA Tech, Ohio State, and Mansfield. Campers will learn the art of sportsmanship and enjoy new friendships while making memories that will last a lifetime.
Travel to Colgate

From New York City: Take Route 87 N over the Tappan Zee Bridge to Route 17 West (Exit 16). Travel approximately 100 miles on Route 17 W, and then take Exit 84 (Deposit). Go north on Route 8 to New Berlin, then west on Route 80 to Sherburne. Go north on Route 12, then bear left for Route 12B North to Hamilton.

From north of Westchester: Take the New York Thruway to Exit 24 (Northway), go west on Route 20, then in Madison go south on 12B to Hamilton.

From Boston: Take the Mass Pike to the New York Thruway (Exit 24), go west on Route 20, then in Madison go south on 12B to Hamilton.

From Union County, NJ, and surrounding areas: Take Route 22 west to Clinton, NJ. Go north on Route 31 to Route 46. Take 46 west to I-80. Continue west to I-380 to I-81 North to Binghamton (Exit 6). Go north on Route 12 to Sherburne, and continue on Route 12B to Hamilton.

From Cleveland, Buffalo, and the West: Take the New York Thruway east to Canastota (Exit 34), then take Route 5 East to Oneida. Take Route 46 south across Route 20 to Route 12 South to Hamilton.

From Hancock International Airport in Syracuse: Take the New York Thruway east to Canastota (Exit 34), then take Route 5 East to Oneida. Take Route 46 south across Route 20 to Route 12 South to Hamilton.

From Philadelphia: Take the Northeast extension of the Penn Turnpike to I-81 at Scranton, then north on I-81 to Binghamton (Exit 6). Go north on Route 12 to Sherburne, and continue on Route 12B to Hamilton.

Enrollment

A $200 non-refundable deposit must accompany this application. Application and deposit deadline is Monday, June 27, 2005. Applications received AFTER June 27th are NOT guaranteed admission and are charged an additional $50. The balance is due when you check in.

To enroll, fill out the attached application and fax to 315-228-7448 or mail with payment to:

Vickie Sax/Head Softball Coach
Sanford Field House
COLGATE UNIVERSITY
13 Oak Drive
Hamilton, NY 13346

Checks and money orders should be made payable to: “Colgate University Softball Camp”

Check-In on July 11th is from 4pm – 6pm
Check-Out on July 15th is at 12:30pm
Graduation Ceremonies at 1pm

Questions?
Call Coach Sax @ 315-228-7118

Cost

Overnight Camper: $395
Daytime Camper: $295

*Contact Coach Sax regarding team rates and sibling discounts.

What’s Included:
Overnight camper price includes all activities, all meals, housing, instructional binder, and camp T-shirt.
Daytime camper price includes all of the above except housing and breakfast.

Registration

Camper’s Name: _________________________________________
Address: ________________________________________________
City/State/Cp: _____________________________________________
Telephone: ______________________________________________
Fax: ____________________________________________________
Email: __________________________________________________

Date of Birth: ______________ Age (During Camp): ________
Name of School: _________________________________________
Grade in School as of Fall 2005: ____________________________
Check Box: □ Overnight Camper  □ Daytime Camper

Roommate Request: ______________________________________

Defensive Position: _________________________________
1st choice: ____________________________________________
2nd choice: __________________________________________

Individual Paying For Camp: _____________________________

Daytime Phone: _________________________________________
Evening Phone: _________________________________________
Billing Address: _________________________________________

Amount of Check or Money Order Enclosed: $ _____________
Charge my: □ Visa □ Mastercard

Amount to be charged: $ ___________________

Deposit ($200) □
Full Payment ($395 Overnight Camper) ($295 Daytime Camper) □
Late fee of $50 if received after June 27th □

Card #: _______________________________________________
Expiration Date: _____________________________
Signature: __________________________________________

Circle T-shirt size (adult sizing):  S  M  L  XL  XXL

July 11-15, 2005
Ages: 10-18